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metroNEWS

'DECLARE EMERGENCY'

OVERDOSES

National action needed to fight opioid crisis, minister urges

Matt Kieltyka
Metro | Vancouver

Canada should declare overdose deaths a national health emergency, said British Columbia Health Minister Terry Lake.

Lake made the comment while reeling from the release of the province's year-end illicit drug overdose statistics by chief coroner Lisa Lapointe on Wednesday.

A record-high 142 people died of overdoses in December, bringing the province's 2016 total to a staggering and tragic 914 deaths.

Lake says the province has taken unprecedented measures to try to address the crisis, including the opening of 20 overdose-prevention sites in December, but the prevalence of fentanyl and now the even more dangerous carfentanil in street drugs has continued to push the death rate up.

"Looking at the September numbers, we thought we turned the corner; we really did. Then with the November numbers it was just like a whole different chapter in this crisis," said Lake. "That's why I think we need a more comprehensive approach, because we can't let this crisis just pass without some change — and that is change that needs to happen across the country, not just in B.C. I think there is great evidence to suggest that the federal government should declare a federal public health emergency."

Provincial health officer Dr. Perry Kendall supported a decriminalized European model that allows for drugs users to be prescribed heroin, or other drugs, to stabilize their addiction and normalize their lives.

"These treatments, while very controversial in North America, have proven to work," he said. "They improve physical and mental health and social functioning and they're cost effective and can take people out of illegal drug markets."

The crisis unfolding in B.C. and elsewhere in Canada should also spark debate about how drugs are regulated in the country, Kendall said.

"Such dialogue may not be easy, but it is necessary and it will be life-saving."

In the meantime, Lapointe is urging people dependent on drugs to access supervised services and not use alone.

All recreational or experimental drugs users are being told to avoid drugs altogether.

"Given the increasing risk of contaminated drugs and the growing number of deaths ... the risks are simply unmanageable. This is a crisis and is not likely to be resolved anytime soon."

Lake said almost 100 overdoses were reversed at provincially sanctioned overdose-prevention sites since they started opening last month.

Had it not been for those sites, and other initiatives in response to the crisis, "many, many more lives would have been lost," Lake said.

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Obama's farewell message: 'I think we're going to be OK.' World

Arbutus Greenway brings business to quiet areas

URBAN LIVING

City seeking 'creative ideas' for future of former rail line

Jen St. Denis
Metro | Vancouver

A man and a woman walk down the Arbutus greenway in Kerrisdale on Wednesday. JEN ST. DENIS/METRO

Some Vancouver residents have been excited to be able to bike the length of the Arbutus Greenway, while others have been alarmed by the city's decision to pave the path.

But for Claudia Laroye and Terri Clark, the transportation corridor is an opportunity to bring more business — by foot and by bike — to the charming but sometimes quiet shopping areas of Kerrisdale and Marpole.

"For Kerrisdale, this is a huge opportunity to revitalize the area," said Clark, co-ordinator of the Kerrisdale Business Improvement Area, characterizing the rail line as having once been an overgrown, "rat-collecting" place.

While the Arbutus corridor doesn't run right through Marpole as it does through Kerrisdale, the opportunity to better connect Marpole to neighbourhoods like Kitsilano is exciting, said Laroye, executive director of the Marpole BIA.

The city purchased the nine-kilometre-long former rail line, which stretches from Kitsilano to Marpole, from CP Rail in 2015 for $55 million. Crews have removed the rail tracks and laid down what the city says is a temporary asphalt path down most of the length of the corridor. Work to pave the rest of the path, add lighting and some landscaping is still continuing.

The city is now starting public consultations on how the transportation corridor should be built out long-term. Mayor Gregor Robertson says the city is seeking some "creative ideas" from residents on the future of the line.

Current city plans envision a shared bike and walking path, with park-like areas and benches, and a possible streetcar 10 to 20 years from now. But there could also be opportunities to host public art events or "night-time parades," according to the city's website.

The city will hold several open houses in February, as well as pop-up kiosks on the Arbutus corridor and an "Ask Me Anything" web forum on the Vancouver Reddit page on Tuesday.

HEALTH

City mulls $2.1M for overdoses

Fire hall No. 2 in the Downtown Eastside responded to a total of 11,777 incidents in 2016 — 49 per cent more than in 2015 — of which 2,211 were overdoses, a 175 per cent increase over 2016.

That number may be higher, according to a City of Vancouver staff report, because "a significant number of medical calls coded to other reasons (e.g. cardiac arrest) were related to drug overdose."

The report, which will go before Vancouver council on Tuesday, recommends the city approve a total expenditure of $2.1 million to create an additional three-person Vancouver Fire and Rescue medic unit ($1.9 million), a new Strathcona community policing centre ($208,200), increase operating funding for the city's 11 community policing centres ($220,000) and expand naloxone training for city staff ($10,000).

While fire hall No. 2 experienced the brunt of the extra workload, halls No. 1 in Strathcona and No. 8 in Yaletown have also been handling more calls. Fire hall No. 1 responded to 115 per cent more overdose calls in 2016 compared to 2015. Combined, the three fire halls responded to 131 per cent more overdose calls.

In December, council was considering a 3.4 per cent property tax increase but voted to raise the increase to 3.9 per cent to pay for up to $3.5 million in extra spending to address the opioid overdose crisis.

JEN ST. DENIS/METRO

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ENVIRONMENT

Methane major culprit for sea level rise

Wanyee Li
Metro | Vancouver

Carbon dioxide is the most famous culprit when it comes to climate change but a new study from SFU has found that short-lived greenhouse gases like methane have a bigger impact on sea level rise than previously thought. Methane emissions are responsible for one third of the warming effect in the Earth's oceans and can affect ocean levels for almost a millennia, according to Kirsten Zickfeld, associate professor of geography at SFU. Methane lasts for about 10 years in the atmosphere before breaking down via a chemical reaction with oxygen. But its effect on climate change lasts for centuries, said Zickfeld.

"Our study finds that the sea level rise caused by these short lived greenhouse gases last much longer than the time the gasses remain in the atmosphere — longer than 800 years."

While carbon dioxide is the most abundant greenhouse gas in the atmosphere, Zickfeld's findings show that policymakers can't ignore methane emissions either.

"There's this idea out there that if we emit methane then it doesn't matter as much because the consequences are not as long lasting," she said. "But I think what our study shows is that there are no trade offs. We need to reduce emissions of both type of gases as early as possible."

Oil, gas, and agriculture industries are responsible for most of the methane released into the atmosphere. Other short-lived gases, like halocarbons, are released by air conditioners and refrigerators and account for about 10 per cent of warming ocean temperatures, according to Zickfeld. The B.C. government estimates local ocean levels may rise by as much as one metre by 2100.

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TRANSLINK

Matilda van den Bosch has co-authored a report on links between green spaces and health. STEFAN MLADENOVIC/CONTRIBUTED

Keep calm, garden on

MENTAL HEALTH

Researcher tests links between green space, health

David P. Ball
Metro | Vancouver

Imagine being interrogated by a job interview panel of three who react with hostility or suspicion to all your answers.

If that sounds stressful, then you are like the vast majority of test subjects being experimented on by University of British Columbia population and public health researcher, Matilda van den Bosch.

She is deliberately stressing out volunteers in order to measure the calming affects of different environments, particularly natural ones.

She's the co-author of a newly released World Health Organization (WHO) report that links lower anxiety with proximity to urban green spaces — such as parks or fields — and better health.

"Green spaces can play a role in preventing chronic diseases, because they give opportunities for physical activity and stress relief as well as interaction with your neighbours," she told metro in a phone interview Wednesday. "If you're less stressed, you're at less risk of cardiovascular disease, stroke, diabetes, and other chronic diseases."

Her bizarre human experiments have all passed strict ethical requirements, she explained, and the stress "is thankfully only temporary."

"The funny thing is it worked, they were totally stressed out," she quipped.

But while admittedly unpleasant, it allowed her laboratory to actually measure how quickly subjects recovered from the anxiety in their nature simulator, using "biomeasures" such as participants' levels of cortisol connected to anxiety, as well as electrocardiogram (ECG), which measures heart activity.

The outcomes so far haven't been a surprise to her — stressed subjects tend to be significantly more calmed when they are put in an audio-visual 3-D nature simulator, than when they're put into an urban, "built "environment.

Van den Bosch uses virtual reality and bird and water noises to allow participants a completely immersive experience. But of course it is not a complete replacement for being out in real nature.

However, her laboratory research matches up with data from satellite maps and geographic databases rating how green different neighbourhoods are compared to key health outcomes.

Van den Bosch hopes the data from current various experiments and research can help urban planners and public health officials better understand how building more parks, more urban green spaces, and helping people access them more easily could help in the fight against major health problems, which are costly both personally and societally.

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Howie Mandel

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Why Canada is sending immigrants back home

LAW

Permanent residency revoked over non-compliance

Canada's immigration law requires permanent residents to be physically present in Canada for at least 730 days in every five-year period. COURTESY GOVERNMENT OF CANADA

1,423

Average number of Canadian immigrants who are intercepted at the border each year and ordered removed from the country for residency non-compliance.

An average of about 1,400 Canadian immigrants are intercepted at the border each year and ordered removed from the country for not fulfilling their residency obligations, Torstar has learned.

Although these newcomers can appeal to a tribunal to restore their permanent resident status, only one in 10 succeeds, according to government data.

"The tribunal is supposed to be immigrants' last resort as the Parliament has given it the discretionary power to give immigrants a second chance if they breach the law," said immigration lawyer Lawrence Wong, who obtained the data through an access to information request.

"But that second chance in reality is hard to come by. The national sentiment is pretty much the same. If you are an immigrant, don't make a mistake. If you do, we want to see you kicked out."

Canada's immigration law requires permanent residents to be physically present in Canada for at least 730 days in every five-year period in order to maintain their status. Otherwise, their residency will be revoked.

According to the Canada Border Services Agency, on average 1,423 permanent residents a year were stopped at the border for failing the requirement from 2010 to 2014, the most recent statistics available. During the period, Canada accepted some 260,000 newcomers annually.

The number of removal orders issued against these individuals had risen sharply to 1,413 in 2014 from 605 in 2008, when former Conservative Immigration Minister Jason Kenney cracked down on fraud.

Across Canada, Quebec had the highest detection rate; more than a third of the removal orders were issued in the province.

Between 2008 and 2014, a total of 3,575 immigrants were slapped with removal orders for residency non-compliance at Pierre Elliot Trudeau airport in Montreal, dwarfing the 439 and 972 people respectively intercepted at Toronto's Pearson airport and the Vancouver International Airport.

The numbers do not include those who had their permanent residency revoked due to criminality and misrepresentation, who were refused travel documents to return or who voluntarily relinquished their permanent residence. TORSTAR NEWS SERVICE

INDIGENOUS AFFAIRS

Boyden appearance cancelled in Edmonton

Jeremy Simes
Metro | Edmonton

A scheduled appearance by Joseph Boyden in Edmonton, Alta. has been cancelled after hearing concerns from local indigenous elders about the author.

Boyden, who was scheduled to present at the city-sponsored Winter Cities Shake-Up conference in February, came under fire in December after an investigation by the Aboriginal Peoples Television Network (APTN) questioned his claims of indigenous ancestry.

The Winter Cities Shake-Up will showcase Edmonton's winter-city strategies. Boyden, who was to share stories of winter, was scheduled prior to APTN's investigation.

But Boyden will nonetheless be coming to Edmonton. The author is scheduled to speak at an Edmonton Public Library event on April 27.

Tina Thomas, the library's executive director of strategy and innovation, said officials discussed whether to cancel, but quickly decided Boyden will still speak.

Anglophones angered by Trudeau's town hall

Quebec's deep-rooted linguistic tensions flared up in unlikely fashion Wednesday as Prime Minister Justin Trudeau was forced to explain why he refused to answer questions in English at a town hall meeting.

The controversy erupted when Trudeau answered English questions in French on Tuesday night — including one about how English speakers could get help to access to mental health services.

"Thank you for using our country's two official languages, but since we're in Quebec I'll respond in French," Trudeau said in Sherbrooke.

His unilingual performance drew an angry response from groups that represent Quebec anglophones, with some calling on the prime minister to apologize. THE CANADIAN PRESS

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Inauguration must unify all

GOVERNMENT

Experts say speech should be 'inherently inspirational'

Tradition suggests it's time for Donald Trump to set aside the say-anything speaking style and rise to the inaugural moment.

But bucking tradition, or ignoring it altogether, is what got Donald Trump to his inaugural moment.

When Trump stands on the west front of the Capitol on Friday and delivers his inaugural address, all sides will be waiting to see whether he comes bearing a unifying message for a divided nation or decides to play up his persona as a disrupter of the established order.

How Trump tends to that balancing act, in both style and content, will be a telling launch for his presidency.

"The inaugural is an address that is meant for the ages," said Kathleen Hall Jamieson, a communications professor and director of the Annenberg Public Policy Center at the University of Pennsylvania. "In particular, it's important when you've had a divisive election. You need to become president of all of the people."

Trump seems to get that. He's spoken admiringly in recent weeks about the speeches of past presidents Ronald Reagan and John F. Kennedy, and is said to be deeply involved in preparing his address.

Trump told Fox on Tuesday that he'll start his address with words of thanks to "everybody," including President Barack Obama and his wife, Michelle, for being "so gracious."

The president-elect showed he can deliver a straight-forward, prepared address at the Republican convention, where he largely stuck to a script and shut down anti-Hillary Clinton chants of "lock her up."

But that address was strikingly dark in tone, sketching a portrait of an America in crisis, and he later embraced that chant from supporters at his freewheeling campaign rallies.

THE ASSOCIATED PRESS

MUSEUMS SNAPSHOTS OF HISTORY Museum Selfie Day came and went on Wednesday, as prominent museums worldwide encouraged attendees to snap shots of themselves with artefacts. Here's a few selfies seen around the world. METRO VIA TWITTER

GLOBAL WARMING

The world keeps on sizzling

Earth heated up to a third-straight record hot year in 2016, with scientists mostly blaming man-made global warming with help from a natural El Nino that's now gone.

Two U.S. agencies and international weather groups reported Wednesday that last year was the warmest on record. They measure global temperatures in slightly different ways, and came up with a range of increases, from minuscule to what top American climate scientists described as substantial.

They're "all singing the same song even if they are hitting different notes along the way. The pattern is very clear," said Deke Arndt of the National Oceanic and Atmospheric Administration.

NOAA calculated that the average global temperature for 2016 was 58.69 degrees (14.84 C) — beating the previous year by 0.07 degrees (0.04 C).

NASA's figures , which include more of the Arctic, are higher at 0.22 degrees (0.12 C) warmer than 2015. The Arctic "was enormously warm, like totally off the charts." THE ASSOCIATED PRESS

OBAMA

Outgoing optimism

"We're going to be OK." In the final minutes of his final presidential news conference, Barack Obama insisted he's not tossing out platitudes about the nation's future, it's what he really believes, saying: "This is not just a matter of no-drama Obama ... at my core, I think we're going to be OK." THE ASSOCIATED PRESS

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METRO FOCUS ON ACTIVISM!
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ALL WEEK: COMMENTARY AND IDEAS ON POLITICAL ACTION

LUKE SAVAGE ON CHANNELLING DESPAIR

When clouds gather on the political horizon, the most constructive thing anyone can do is take democracy seriously.

If there was a dominant emotion among my friends, family, acquaintances, and coworkers on the morning of November 9th, 2016, it was most definitely despair.

The surprising victory of Donald Trump — which defied the predictions of all the supposed experts, pollsters, and political professionals — felt like a sudden kick to the solar plexus right before a desperately needed gasp of air. It wasn't our country, of course, but even the most disinterested among us immediately knew politics was soon going to feel a lot more present in our daily lives whether we liked it or not.

Cynicism about politics is as common as white bread. But cynicism is by its very nature a passive thing. Despair can be visceral and even painful. That the sheer ugliness of a figure like Donald Trump could prevail in an election to lead the world's most powerful country has evinced something more potent than cynicism, even among people usually uninterested by politics. The same questions have seemed to be on everyone's minds ever since: How do we respond? What can we do? What can I do? When dark clouds gather on the political horizon, I believe the most radically constructive thing anyone can do is to take democracy seriously.

If this sounds like a simple cliché or truism, consider how much we've seen democracy decline — here in Canada, in America and around the world — over the past few decades.

More and more, our politicians have preferred to speak like managers rather than leaders, demoting themselves to ever more passive roles, and preferring to tinker and administer rather than take up the hard work of building a better society. They've brought in PR consultants to write their scripts, let pollsters and focus groups — rather than good arguments or values — dominate their decision-making, and turned public engagement into a marketing exercise. Election campaigns have increasingly become expensive set-pieces that offer people an ever narrower range of choices, albeit wrapped in shinier and shinier packaging.

As this process has unfolded whole communities have been transformed, as if by some invisible hand. In former industrial hubs like Ontario and Michigan, towns founded on making and building things shed jobs and wealth almost overnight. City cores are fast becoming too expensive for their own workforces to actually live in and badly paid call-centre, retail, and service work is increasingly taking the place of the factories and workshops that once were.

In the midst of the jarring political, social and cultural changes of recent decades — virtually all of them accompanied by encouraging slogans about economic growth and new technology — very few among us have developed a greater sense of being able to control or shape our own lives. The democratic idea that politics has any collective moral purpose, let alone the notion it can be used by regular people to influence the courses of their own lives, has been steadily and catastrophically eroded.

All this breeds a cynicism that can easily fester into despair. In at least one sense, then, Trump's election didn't produce the despair that followed in its wake so much as force it out into the open.

But amidst such despair, there can be signs of hope.

My own sense of resignation and dread in the days and weeks following Trump's victory slowly gave way to a cautious feeling of optimism.

And it wasn't the comforting (and in retrospect, naive) optimism my younger self had felt exactly eight years earlier after the last transformative U.S. election. Instead, it was the feeling that people's collective shock and outrage, coupled with a sense that many things badly need to change, might actually reinvigorate democracy.

It's easy to forget that politics don't begin and end when we vote in an election every few years. They're around us every day in our cities, workplaces, neighbourhoods, communities and social movements — conducted not by political professionals but by regular people, often strangers, forming ad hoc coalitions and campaigning for progress and change, large and small.

This process, more than anything else, is what feeds democracy and compels political elites, willingly or otherwise, to take it seriously. It's the only thing that ever has.

Luke Savage is a Toronto-based writer whose work has appeared in Maisonneuve, Jacobin and on CBC radio. He works at the Broadbent Institute. On Twitter: @lukewsavage

But how to keep the righteous fires burning?

Vicky Mochama
Metro

The most notable thing about John Lewis isn't that he used to work with Martin Luther King or that he has recently become the president-elect's favourite new punching bag.

It's that he's still protesting.

In June last year, Lewis led Democrats in a 25-hour sit-in on the floor of the House of Representatives over a gun-control bill. Fifty-two years after Lewis and hundreds of others were violently attacked by police while crossing the Edmund Pettus Bridge in Selma, he is still getting into what he calls "good trouble."

Sustaining that kind of activist passion for half a century isn't easy. If the work of campaigning for change wasn't hard enough, activists then struggle with compassion fatigue, poverty and mental health.

At a certain point, the work becomes all-consuming — and not in the best ways. In the book "What's the Point of Revolution if We Can't Dance?" dozens of activists speak candidly about their challenges.

Says one: "Who tells us when it's too much? Where to go after, and beyond activism …when our identity is so tied up with being an activist? And where is the space to go? To go home?"

Burnout can push people away. Friends of mine who started their careers in the charitable and activist sectors ended up quitting. Not because they didn't love the work or want to change the world; they simply could no longer bear it.

Of course there are structural fixes to be made. Workplaces can modify their structures and policies. Donors and governments can develop more predictable funding cycles (money, and the lack of it,is an ever-present stress).

Many of the movements that have caught our attention in the last few years were not driven by professional activists. The women of Idle No More, the youth of Black Lives Matter, the citizens of the Standing Rock Sioux — they had taken time from their paying jobs and put in energy outside of work hours.

But after the public spotlight, it is these campaigners who will be left with the social, financial and emotional scars of their moment. Maintaining any gains and preventing losses will require self-care.

For those who demand radical change, self-care is a radical act. It is recognizing that political wins can have personal losses.

It takes an incredible amount of courage to speak up and speak out. It takes even more to know when to step back from the microphone.

This is the kind of self-love and resiliency that has kept John Lewis on the frontlines of protest.

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metro LIFE

12%

Almost 12 per cent of kids and youth with ADHD were prescribed antipsychotics despite having no other mental health diagnosis, finds a new Ontario study.

Your essential daily news

Thursday, January 19, 2017

A cartoonish life that was too real

INTERVIEW

The bestseller who dabbled in bondage and cannibalism

Sue Carter
For Metro Canada

Cartoonist Joe Ollmann first discovered William Seabrook's biography in a zombie anthology 11 years ago, and was instantly taken. Seabrook — the American who is credited with introducing the word "zombie" into contemporary culture with his 1929 bestselling book The Magic Island — was a he-man adventurer who travelled with the Bedouin.

He also hung out with various intellectuals and artists of the era, including Gertrude Stein, Man Ray and Aldous Huxley.

But the more Ollmann dug into the details of Seabrook's life, the more salacious the details got. He discovered an unrepentant alcoholic with an equally unrepentant and sadistic penchant for bondage. Oh, and he once tried cannibalism.

"It's not the aberrations that interest me so much as it is his honesty in writing about them," says Ollmann, who is from Hamilton, Ont. "In a very repressed time during the '30s and '40s, this guy's writing openly about bondage and cannibalism for major publishers and places like Ladies Home Journal. People hide their weirdness and he never did."

For five years, Ollmann read everything about and by Seabrook he could get his hands on, including his first book, Adventures in Arabia, about his time living in the Middle East, and Asylum, which chronicles Seabrook's voluntary stay in a mental hospital for alcoholism.

"He had this crazy fascinating life but no one knows about him," says Ollmann, who then spent another five years dedicated to researching the writer's life for his new graphic novel, The Abominable Mr. Seabrook.

While gathering background information, Ollmann travelled to the University of Oregon, which houses the archives of Seabrook's second wife, novelist Marjorie Worthington.

In her writings and letters, Ollmann discovered a harsher side of the man, which doesn't appear in his own books.

"He tells his stories very blithely, and puts it in these very humourous terms," Ollmann says.

"Her perspective is much darker. I didn't want to portray him as all bad, but there is a lot of bad to be said. It is hard to live with a person who is an alcoholic. He never showed it but other people did, so it was only fair for me to show it, too."

One of the inadvertent effects of working on The Abominable Mr. Seabrook was that Ollmann himself quit drinking.

While labouring away in his home studio at night, Ollmann would keep a bottle of whisky or cognac on hand for sipping, and although he stopped mostly for health purposes and not directly because of Seabrook: "I was constantly writing and drawing him drinking. There are so many pictures of him drinking because it was so much part of his story," he says. "I got sick of drawing and showing someone ruining their life with booze."

Seabrook died in 1945 from taking an overdose of sleeping pills — by which point his work was basically forgotten.

Ollmann speculates that Seabrook's downfall was in part due to his alcoholism, but also because, later in life, he gave up his adventuring ways, settling down in the Hudson Valley to present teatime talks to social groups.

His is a cautionary tale indeed, but Ollmann — who recently illustrated the covers and wrote introductions for reissues of Seabrook's The Magic Island and Asylum — really wants people to discover the man's writing.

"His first books are wonderful, adventure-travel books," Ollmann says. "He wrote about trashy subjects but he wrote about them smarter than you would have expected."

Sue Carter is the editor at Quill & Quire magazine.

COMIC BOOKS

Millennial rage taken to its very limit

Kill Or Be Killed
By: Ed Brubaker and Sean Phillips
Publisher: Image Comics
$9.99; 128 pages

Mike Donachie
Metro | Canada

Young? Angry? Feeling a lack of control over your life? Then try this on for size.

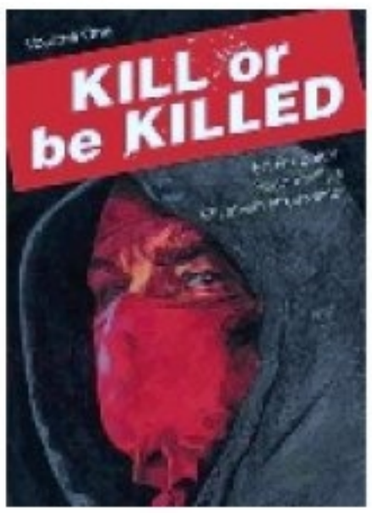
In Kill Or Be Killed, Brubaker and Phillips — the team behind comics masterpieces like Criminal and Fatale — take millennial rage to its limit, with added murder.

Dylan is a college student and his life isn't good. At his lowest ebb, he attempts suicide, but is saved by a demon and he rediscovers a will to live. But there's a twist — to stay alive, he has to kill people. A lot.

The book, playing out as slowly and deliciously as its creators' other sequential successes, plays with the idea of vigilantism as Dylan earns a month of life for every life he takes.

We're accustomed to the idea that, if you're a one-dimensional character with an origin story and a pile of money, you can dress up in a Halloween outfit and beat up bank robbers in the street. But what happens when you have real neuroses and relationships, and being a vigilante starts to eat away at your life like acid? This is quite a book.

And it's a thriller, too, because it's Ed and Sean. A monthly treat, collected here for the first time.



PEN NOMINEES ANNOUNCED

Railroad rolls over critics

Colson Whitehead, winner of the National Book Award for his novel The Underground Railroad, is a finalist for a new $75,000 prize given by the literary and human rights organization PEN America.

Whitehead's story of a young runaway slave is among five nominees for the PEN/Jean Stein Book Award. Other finalists include Jane Mayer for Dark Money: The Hidden History of the Billionaires Behind the Rise of the Radical Right, Teju Cole for Known and Strange Things, poet Tyehimba Jess for Olio and Hisham Matar for The Return: Fathers, Sons and the Land in Between.

The Stein award is given for "a book-length work of any genre for its originality, merit, and impact." PEN also announced finalists in nine other competitive categories, from best science and sports writing to the $25,000 PEN/Robert W. Bingham Prize for best debut fiction.

THE ASSOCIATED PRESS

Music's patron saint of activism fighting on

INTERVIEW

Why icon Buffy Sainte-Marie is still making a social impact

METRO FOCUS ON ACTIVISM!

Buffy Sainte-Marie has told the stories of outliers and underdogs throughout her career and organizers at the Juno Awards say it's time to recognize the singer's contributions to the community.

The four-time Juno winner and social activist will be this year's recipient of the Allan Waters Humanitarian Award, an honour reserved for Canadian musicians who've left a positive social impact.

The Canadian Academy of Recording Arts and Sciences says Sainte-Marie "exemplifies the essence of humanitarianism" with her dedication to protecting indigenous communities. She's also provoked conversation through songs like her 1964 anti-war peace anthem Universal Soldier.

Sainte-Marie also founded the Nihewan Foundation for Native American Education in 1969, a non-profit initiative to improve education of the cultures.

"A long time ago I figured out I have enough money to probably have three meals a day for the rest of my life," Sainte-Marie says. "So I wanted to put my money to work early." Speaking from her Hawaiian home, Sainte-Marie talked about nonprofits and protest songs.

There are a lot of people who go to Standing Rock and confuse it with Burning Man.
Buffy Sainte-Marie on modern social justice campaigns

Buffy Sainte-Marie will be the first indigenous woman to win the Allan Waters Humanitarian Award at the Junos in April. HANDOUT

You've been a tireless voice for causes throughout your career, but fewer people know about why you created the Nihewan education foundation. How did it happen?

Before I was ever a singer I was a teacher. I got my teaching degree (and) a degree in Oriental philosophy. Because I had a personal interest — and the advantage of a scholarship about indigenous issues — that probably had something to do with it. (The feeling) has stayed with me always through my career, going in and out of the aboriginal community ... building a bridge between cultures.

You've been a voice for the indigenous community but it's never fully defined your career. Did you pursue a balance that also factors in your pop and folk influences?

I've had over 50 years of that kind of double perception, which is very nice for me. I think my real work has been in the realm of thought. I really feel as though ... I've changed the way some people think about war, alternative conflict resolution and indigenous issues. I did it early and I've done it consistently because I really do care.

With Donald Trump headed to the White House do you expect more protest songs to emerge from discontent gestating in some communities?

I wish. There were a lot of people in the Civil Rights movement who just showed up because it was the popular thing to do. It became "hip" to seem like you were part of that. There are a lot of people, for instance, who go to Standing Rock and confuse it with Burning Man. My question to all the other great songwriters in the world is: Where are your protest songs? Now that Donald Trump is (elected) are you going to start writing them now? I mean, where was your protest song last year? And the year before? Some people are consistently aware of the world and trying to share their best contributions. Other people just show up when somebody's handing out free gifts at the party.

What inspires you to stay motivated to keep writing?

Kind of depends on where I am. When I'm in Hawaii it's just nature. I live with a lot of animals and plants and nature is "vitamin green" for me. I also have a double life. I'm home for two weeks, I'm on the road for two weeks. What motivates me are the same things that motivated me in the beginning. I respond to the world. I see things that need change and I think the world is always ripening.

THE CANADIAN PRESS

JOHANNA SCHNELLER
WHAT I'M WATCHING

Few dry eyes on a fond farewell tour

Malia Obama watches on as her mother and father embrace after his Chicago farewell speech. NICHOLAS KAMM/AFP/GETTY IMAGES

THE SHOW: Barack Obama's farewell tour (Youtube)
THE MOMENT: The tears

There was the moment when Barack Obama, in one of his final acts as US president, surprised his vice-president, Joe Biden, with the Presidential Medal of Freedom. The aide whom Obama asked to read the citation was young and female (he's always been savvy).

"In a career of public service spanning nearly half a century," she began, Biden has "fought for a stronger middle class... combatted violence against women...and safeguarded [America] from corruption."

It was both a sincere tribute to Biden and a subtle nose-thumb to the guy being sworn in on Friday, who has not served, and may not safeguard.

There was the medley of gospel songs in the ABC special Taking the Stage, (Jan. 12): His Eye is on the Sparrow, Stand, Heaven (I'm Going There). Most African Americans in the audience, including the Obamas, knew every word — a reminder of the common language that Black church-goers share.

But my favourite was the moment Obama turned to his wife during his final address, in Chicago.

"Michelle," he said, and paused to let the crowd cheer. He held her eyes throughout. She mouthed, "Love you," but didn't let herself cry.

He cried, though. He was never shy about crying. His voice broke on this line: "You took on a role you didn't ask for and you made it your own, with grace and guts and style and humor."

Watching him, I thought, "That is a man. That is what a man looks like." His country didn't always make the most of him. But we were lucky to have him.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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MEET THE CONDO

Indoor and outdoor living in West Van

CONTRIBUTED

Project overview

Grosvenor Ambleside is a six-storey condo development in West Vancouver set for completion in early 2020. Reflective of an indoor-outdoor lifestyle, Grosvenor provides residents with unique waterfront views on one front as well as beautiful mountain views on the other next to Ambleside Village.

Housing amenities

Grosvenor Ambleside aims to bring the outdoor in and the indoor out. It boasts an all-natural stone bathroom. The kitchen joinery is actually done in Italy with indigenous hardwood, and the expansive glass used throughout speaks to West Coast modernism.

Location and transit

With the development on the North Shore, Vancouver is easily reached by the consistent seabus service. For reaching outside of Downtown Vancouver Lonsdale Quay also features a bus loop with service to many areas around Metro Vancouver.

In the neighbourhood

Ambleside Village is located in Vancouver's North Shore with local merchants ranging from bakeries and restaurants to clothing boutiques and more. Residents can enjoy walks along Ambleside Beach with panoramic views of English Bay, Vancouver, and Stanley Park.

NEED TO KNOW

What: Grosvenor Ambleside – Phase II
Developer: Grosvenor
Designer: James Cheng - Architect, interiors by Mitchell Freedland
Location: 1340 Marine Drive, West Vancouver
Building: Six-storey condominiums
Sizes: Starting at 845 sq. ft.
Model: One bedroom to three bedroom, penthouse
Pricing: From $1.195 million
Occupancy: Early 2020
Sales centre: 1340 Marine Drive, West Vancouver
Phone: 604-922-1380
Website: grosvenorambleside.com

GARDENING

You're going on vacation, but what about your plants?

Winter, especially early winter, is a good time of year for gardeners to travel. Houseplants now are most tolerant of neglect and, if we plan a little, they can even thrive in our absence.

Lack of water is the major threat to neglected plants. But you know how long your plants can go between waterings. So if your trip to Florida is for eight days and you've been watering your schefflera every five days, just give the plant a thorough soaking and then add a little extra water to its saucer. The plant will be fine.

If you're skipping off for a one-month tour through Brazil, you better do something more with your houseplants before you leave.

The key to plant survival, in this case, is either to supply water to the plants, to decrease their water needs, or a little of both.

Keeping your plants supplied with water

This can test your ability to cajole friends, relatives or neighbours. But beware of entrusting plant care to those unfamiliar with your plants' peculiarities; my cyclamen needs water every few days, while some of my succulents go all winter without a drop of water.

I use inexpensive automatic watering devices if my absence is to be longer than two weeks. A cotton rope, with one end buried in the soil and the other end dipped in a pan of water, will wick water to drying soil.

Another device, slightly more expensive but also more reliable, consists of a hollow, porous ceramic cone with one end of a long, flexible tube sealed into its lid. The cone and the tube are filled with water. They're sold as "plant watering stakes" or "plant watering cones."

Decrease water needs

Plants have little holes in their leaves, called stomata, which let gases in for photosynthesis and let water out (transpiration). Moving a plant from a bright window to a dimly lit corner decreases photosynthesis, so stomata stay closed more often, and transpiration decreases.

Left too long without enough light, however, plants get starved for energy (which comes from photosynthesis) and leaves turn sickly and yellow.

Transpiration is how to keep plants cool. Lowering the air temperature will decrease plant transpiration and, hence, water use. This fits well with a traveller's needs: No need to keep your house warm while you're away on vacation.

Yet another way to slow transpiration is to raise the humidity around your plants. I cluster plants together and fill their saucers with a shallow depth of water. For a longer vacation, I drape clear plastic, such as a cut-open dry-cleaning bag, over the plants. Sticks poked into the soil keep the plastic off plants' leaves. THE ASSOCIATED PRESS

CAUTION

None of this advice applies to succulents, which include cacti and other fleshy plants such as jade plants and sedums. These plants thrive on dry conditions.

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"I want my eyes to dance in three places in a room," says designer Tiffany Pratt, pointing to a "rock and roll floor," oversized artwork and a patterned Roman blind in her newly renovated kitchen. TARA MCMULLEN

A touch of pink

MAKEOVERS

Designer's kitchen reno shows off her colourful style

Vicky Sanderson
For Torstar News Service

Tiffany Pratt's small kitchen is pink, pretty and well-planned.

With her signature tangerine tresses, wildly sparkling fingernails and flowing dresses in riotous florals, the designer and stylist is clearly not afraid of colour.

So it's not a surprise that pink is a major element in the kitchen makeover she undertook in her 1920s-style home in Toronto. Interestingly though, the pale, pretty shade she picked (Behr Marquee's Duchess Dawn) did not kick-start the design.

"It was the very last thing I chose," says Pratt. "What we were going to do with the walls was up for grabs right until the last moment."

The starting point for the reno, which was done in collaboration with Home Depot, began with considering how the space would be used, an especially important exercise in a small-footprint kitchen.

"Small kitchens need to function. So the dishwasher and the oven door have to be able to open without interfering with one another," explains Pratt, who suggests starting any kitchen design with a thorough walkthrough of the room with those details in mind.

"I am a touch, taste, feel type of designer. At the start of a project, I am in there pretending I am opening doors and seeing how it all works," she says.

Pratt's biggest complaints about her own kitchen (seven feet wide by 14 feet long) were a lack of storage and countertop space. To carve out extra inches, she decreased the size of the sink and ran Shaker-style cabinets by Thomasville to the full height of the room.

"I spend my days fixing other people's spaces. Doing my own kitchen had got pretty far down the list."
Tiffany Pratt, on her old kitchen

To create a seamless look, she choose the marble-patterned Silestone (in Lusso) for both the countertop and backsplash.

Pratt settled on affordable all-white appliances by GE because the look is "very European, and I did not want a stainless-steel show."

Finishing touches included a brushed gold faucet and crystal door hardware, which add a modern twist on old favourites, and the unexpected placement of a large piece of artwork and a black table lamp on a countertop beside the stove.

Culling kitchen paraphernalia, says Pratt, was an essential part of the redo.

"I went through all the small things piece by piece and asked myself if I really need three colanders and 5,000 spatulas."

The finished space, says Pratt, is a true reflection of her brand, which she describes as "high style on a budget."

"I think people can have beauty in their lives without having to pay too much, and I don't believe that the most expensive is always the best," she adds.

Her other design advice?

"Home decorating is not a race. Maybe you do the backsplash and then wait awhile for the next step. It should be a journey. It's less about trends than it is about following the things that make you happy and bring you joy."

Don't toss the poinsetta, with care it will flower again

Poinsettias have become a best-selling potted plant, and are second in popularity only to Christmas trees during the holiday season. Unfortunately, they also are among the least understood.

They are not annuals. Poinsettias don't have to be tossed to the curb with the trees and tinsel once the celebrating is over. They can be restored to provide cheer for many more holidays, although it takes some work to make them colour up again.

"Poinsettias can be re-flowered for years," said Thomas Ford, a commercial horticulture instructor with Penn State Extension. "One former client I worked with in Maryland flowered his one poinsettia for over 10 years. It grew so large that he used his dining room as the display area for it."

Whether that kind of dedication is worth it, though, is an altogether different thing.

"I would say that the average consumer does not see any merit in keeping it for several years," Ford said.

"Overall, it is too time-consuming."

DID YOU KNOW?
Poinsettias were introduced into the United States from Mexico roughly 200 years ago.

Poinsettias were introduced into the United States from Mexico roughly 200 years ago.

They are grown in several Central America nations as perennial shrubs reaching 10 to 15 feet in height.

That doesn't mean they can be propagated even in the hottest parts of the U.S., however, said Peter Warren, a horticulture agent with University of Arizona Cooperative Extension.

Contrary to popular opinion, poinsettas are not annuals and they can and will flower again. However, even experts concede that this does take a fair bit of work. ISTOCK

"Poinsettias cannot tolerate frost or freezing temperatures, so places in southern Arizona and other parts of the South that occasionally experience cooler temperatures are not good places to grow them outside," Warren said.

Poinsettia's coloured leaves, or bracts, have been hybridized over the years into more than 100 varieties, from the traditional red to pink, white, cream, burgundy and variegated.

The plant's flowers are small, yellowish green and positioned deep within the bract clusters.

Here's a generally accepted seasonal time line for re-colouring poinsettias:

• Keep temperatures between 16 and 21 C from December to February.

Let the plants get as much sunlight as possible. Water them regularly.

• In March or April, as the bracts age and turn a muddy green, cut the stems back to about 8 inches high. "Around July 4, cut branches back again about half their length to encourage bushy plants," Warren said.

• From mid- to late October, the plants must be kept in complete darkness for 14 continuous hours each night.

"This can be done by moving the plant to a dark room or placing a box over it," Warren said.

"During this period, the plant requires six to eight hours of bright sunlight and night temperatures between 16 and 21 C.

"This regimen must continue for eight to 10 weeks in order for the plant to develop colourful bracts for the holiday season."

• The bracts should be developing some colour by mid-November.

• In early December, bract colouration should be almost complete and the plant can be restored to everyday light.

THE ASSOCIATED PRESS

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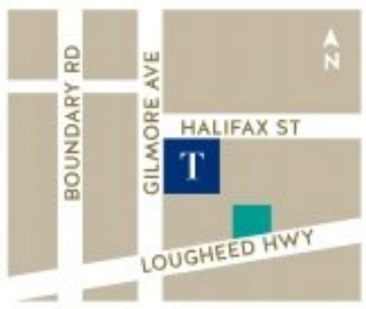

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TRI-CITIES

metro SPORTS

Canada Soccer's Bronze Medal Celebration Match • Canada v Mexico • Saturday, Feb 4th, BC Place • Ticketmaster.ca

The Nat recognized for fan experience

STADIUM RANKINGS

Home of the C's listed at No. 44 in North America

David P. Ball
Metro | Vancouver

On its annual Stadium Journey, website Scout called the atmosphere at Nat Bailey stadium "truly special." COURTESY VANCOUVER CANADIANS

Comparing hockey, soccer and baseball is about as hard as comparing apples, oranges and pomegranates.

But when it comes to how sports fans feel about the experience of cheering for their home team, the website Scout thinks they've figured it out.

Scout's annual Stadium Journey ranks the top 100 sports venues on the continent, and just two Vancouver stadiums made the list this year: Nat Bailey stadium, home of the Canadians — our local Blue Jays farm team — and BC Place, where the beloved Whitecaps soccer franchise is known for its boisterous crowds.

While the Whitecaps' fan enthusiasm may be loudest, it was Nat Bailey that led the pack this year, earning a 44th-place rank ahead of the Whitecaps at 99.

"The atmosphere at The Nat is truly special," Stadium Journey's website stated. "Fun is the goal, and the C's have succeeded in this department.

"It is a beautiful stadium, highlighted by a view of the regal Queen Elizabeth Park. There is a wide range of ages working at the stadium, and everyone is extremely helpful and nice."

1

The Baltimore Orioles' Oriole Park at Camden Yards topped the rankings.

The annual list, compiled by a team of writers on the ground at 761 different stadiums, is less about the particular sport or franchise, and instead focuses on how each venue performs from the perspective of those in the stands.

Rogers Arena, home of the Canucks, didn't make the top-100 list at all this year.

But across Canada, Vancouver didn't fare nearly as well as other stadiums, and there were a few surprises. One of the most recently built venues, the Winnipeg Jets' MTS Centre, ranked fifth — largely on account of the crowd going wild before O Canada is even done.

In 39th place was the Halifax Mooseheads' Scotiabank Centre, followed by the Toronto Raptors' Air Canada Centre at No. 42.

IN BRIEF

Bouchard returns to third round of Australian Open

Canadian Eugenie Bouchard is back in the third round of the Australian Open for the first time in two years after defeating China's Peng Shuai 7-6 (5), 6-2 on Wednesday.

Bouchard, who reached the semifinals of the Australian Open in 2014, finally closed it out after Peng saved three match points on the Canadian's serve at 5-1 in the second set.

Her next opponent will be American Coco Vandeweghe.

THE CANADIAN PRESS

Lions bolster offensive line with pair of signings

The B.C. Lions have signed international offensive tackles Nate Isles and Adrian Bellard.

The six-foot-five, 325-pound Isles began his pro career with the Seattle Seahawks in 2014 before making a stop in Arizona with the Cardinals.

Bellard, 6-5, 310 pounds, attended training camp with the Chicago Bears in 2016 after a standout career at Texas State where he was the school's lineman of the year for three seasons.

THE CANADIAN PRESS

NFL PLAYOFFS

Nelson recovering from broken ribs

Jordy Nelson is slowly making his way back from broken ribs, though the Green Bay Packers' top receiver is far from sure about his chances of playing in the NFC championship game in Atlanta.

Nelson returned to practice on a limited basis on Wednesday after missing last week's win against Dallas. Coach Mike McCarthy said earlier in the day that Nelson would focus on rehab work.

"I don't know. It's obviously a long ways away," Nelson said when asked about the odds of playing against the Falcons on Sunday. "I've improved every day. Hopefully that continues."

> **It was the worst pain I've ever felt.**
> Jordy Nelson

At least there is visible progress compared to the pain that Nelson experienced two weeks ago after the helmet of New York Giants safety Leon Hall hit on the left side of his body while he was jumping in trying to catch a high pass.

Nelson bent over in pain on the sideline. He was taken to the locker-room on a cart, where he had his hands on his face.

THE ASSOCIATED PRESS

MAKE IT TONIGHT

Satisfying Egg Drop Soup

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Hang up the phone! Forget bringing dinner in because this version of a traditional takeout soup has more heft thanks to the addition of asparagus. Plus it has cheese. Nothing trumps cheese.

Ready in 20 minutes
Prep time: 10 minutes
Cook time: 10 minutes
Serves 4

Ingredients
- 4 cups (950 ml) low sodium chicken broth
- 1/2 cup (120 ml) chopped asparagus
- 2 Tbsp (30 ml) unsalted butter
- 1/4 cup (60 ml) chopped onion
- 2 eggs, beaten
- 1/4 cup (60 ml) fresh grated Parmesan cheese, extra for garnish
- sea salt and pepper to taste

Directions

1. In a large pot, place butter, asparagus and onion. Saute until vegetables are soft but crisp. Add broth and bring to a simmer, allow to simmer for 5 minutes.

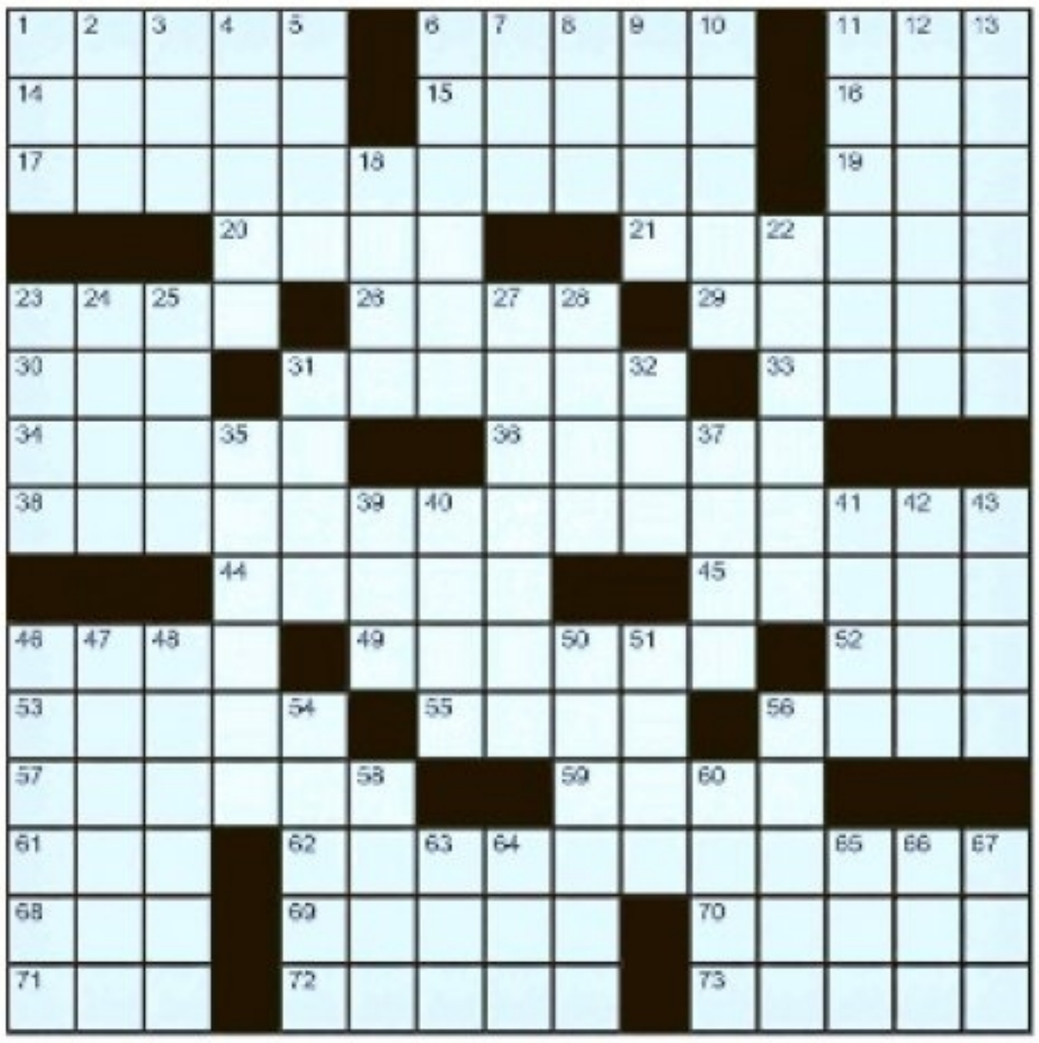
2. Meanwhile, beat eggs and add Parmesan cheese. Then drizzle eggs into broth. Lightly stir until eggs are cooked. Lower heat and allow to cook another 5 minutes.

3. Ladle into bowls, sprinkle top with Parmesan and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Recording artist Nicki of "Super Bass"
6. Cabbage Kids connector
11. Mr. Waxman's
14. Diner's initial request: 2 wds.
15. Honda luxury car
16. Cheers bartender
17. Long __ into Night (Eugene O'Neill play in which #62-Across starred in the 1996 filmed version)
19. Fashion designer Anna
20. Belonging to us
21. Bon Jovi's "We __ Born to Follow"
23. Unlock
26. Quick little times
29. Trench
30. Gun the engine
31. Ranch enclosure
33. Rather grey
34. Fish-holding basket
36. "The Little Mermaid" (1989) princess
38. Shakespeare's jolly knight: 3 wds.
44. White-plumed heron
45. Gambling card game
46. Country singer Mr. Church
49. Fitting/suitable
52. 'Pepper' add-on (Deli item)
53. Mr. Hall, Canadian game show host
55. Squirrel's nest
56. Coutler and Landers
57. Martin of "12 Angry Men" (1957)
59. Little bit of residue
61. Singer's trophy [acronym]
62. Canadian stage actor (b.1920 - d.2007) who performed at Stratford in roles including #38-Across: 2 wds.
68. Pastureland
69. __ record (Use the gramophone)
70. Ms. Van Doren
71. Cookies brand, __ Fields
72. Canadian Art: The Group of __
73. Skier's American destination

DOWN
1. "__ About You"
2. "__ little teapot..."
3. Napoleonic Wars marshal
4. "Happy Days" star Mr. Williams
5. Ms. Chang (ABC's "Nightline" co-anchor)
6. One using the TV clicker's temporary stoppage button
7. Horiz.
8. Large cask for wine
9. Movie's work force
10. Worked with bales on the farm, say
11. Holdings
12. "Failure to __" (2006)
13. Anvil-user's workshop
18. About: 2 wds.
22. Commercial area of Venice
23. Tolkien creatures
24. Ms. Gilpin
25. "At all?"
27. Artisan
28. Cake make, __ Lee
31. Drain problem
32. Comical Mr. Abner
35. What the pilot does before crashing
37. Behold
39. Minutes create them over time [abbr.]
40. Shortage
41. "Right Now (Na Na Na)" singer
42. "Twin Peaks" actress Sherilyn
43. Post-Thurs. days
46. Do mummy work
47. Wanderer
48. Mosaic components
50. Average
51. Vega constellation
54. Woof-woofs whiningly
56. Turkish honorifics
58. "8 __" (2002) starring Eminem
60. Jane Austen novel
63. Washroom, for short
64. Alkali
65. Official at the diamond, commonly
66. Affiliation
67. Perfect rating

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
For the next four weeks, you will be more popular. You might join a club, group or organization. Enjoy being friendly!

Taurus April 21 - May 21
People in authority will admire you during the next four weeks. Because of this, you have an advantage. Go after what you want!

Gemini May 22 - June 21
If you can travel in the next four weeks, do so. Do anything that will expand your horizons, because you want adventure and a chance to learn something new.

Cancer June 22 - July 23
During the next four weeks, your focus will be on shared property, shared responsibilities and issues related to inheritances, insurance matters, taxes and debt.

Leo July 24 - Aug. 23
Partnerships and close relationships will be a strong focus for you during the next four weeks. You will find that you can reflect upon your style of relating with others and learn something from it.

Virgo Aug. 24 - Sept. 23
You will be eager to be productive and effective in everything you do during the next four weeks. That's why you will want to do an excellent job!

Libra Sept. 24 - Oct. 23
Fun vacations are tops on your menu throughout the next four weeks. If you can't get away on a vacation, then enjoy the arts, social outings, parties, sports events and playful times with kids.

Scorpio Oct. 24 - Nov. 22
During the next four weeks, your focus will turn to home, family and domestic issues.

Sagittarius Nov. 23 - Dec. 21
The pace of your days will accelerate during the next four weeks, because you will be busy taking short trips, running errands, talking to people and reading, writing and studying more. Busy you!

Capricorn Dec. 22 - Jan. 20
Your mind will be on money, finances and cash flow more than usual during the next four weeks. Trust your moneymaking ideas!

Aquarius Jan. 21 - Feb. 19
Because the Sun in your sign for the next four weeks, you have a chance to replenish yourself for the coming year. It also will attract favourable situations and important people to you.

Pisces
Feb. 20 - March 20
Work alone or behind the scenes throughout the next four weeks, because this will serve your best interests. It's a good time to make goals for the year ahead.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	8				2	4		3
1								
			1			7		6
		6		8	1			5
			4		7			
9			5	3		2		
7		3			9			
								1
8		5	6				4	

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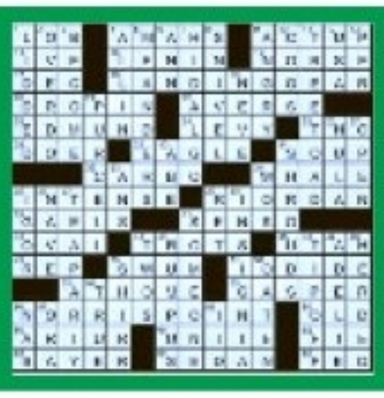
YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



9	1	3	8	7	2	5	4	6
6	2	5	3	1	4	9	7	8
8	4	7	9	5	6	2	1	3
1	9	6	2	8	3	4	5	7
4	5	2	6	9	7	3	8	1
7	3	8	5	4	1	6	9	2
5	6	1	4	2	8	7	3	9
3	7	4	1	6	9	8	2	5
2	8	9	7	3	5	1	6	4

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– Emma, Customer Happiness Wizard

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